

Family Matters



NORTH CAROLINA NATIONAL GUARD

AUGUST 2003

Building Resilience in Times of War

In times of war, it's not unusual for people to have feelings of uncertainty. No one knows how long a war will last or how it will affect our lives. We may feel uncertain about the future and anxious about events that are out of our control.

You may react differently to a war today because of the impact of the September 11, 2001 terrorist attacks. Terrorism creates fear and uncertainty about the future. Because terrorist acts are random and unpredictable, war today poses a new kind of threat, one with which most Americans have little experience. You may feel more afraid, insecure and vulnerable as a result of concerns that the United States could be attacked again.

We do not all respond the same way to war. Someone with previous experience in war or other types of conflict may unexpectedly recall distressing thoughts and feelings from that previous experience. Those of us who

have family and friends in the reserves or military may worry over their well being.

War affects us differently. And we all have an individual and unique way of dealing with stressful situations in a time of war. Building resilience -- the ability to adapt well to unexpected changes and events -- can help us manage stress and feelings of anxiety and uncertainty related to war. However, being resilient does not mean that you won't experience difficulty or distress. Emotional pain and sadness are common when we have suffered major trauma or personal loss in a time of war, or even when we hear of someone else's loss or trauma.



Note: The above article is an excerpt from the American Psychological Association. For more information and free brochures on dealing with the war and building resilience in children, go to: <http://helping.apa.org/resilience/war.html> or call 1/800-964-2000.

BATTLE BUDDY

you are going through because they are currently going through a similar experience or have been through a similar experience and/or situation before. This person and you have agreed to be each other's "go to" person when needed. A battle buddy or several battle buddies is helpful during deployments, even those of us with extended families...They don't always understand what we are going through.

Note: This is a very common practice in the military. Often, soldiers will be assigned a battle buddy to look out for each other. This is a very successful practice and it can work for you too, so please find a "Battle Buddy."



Helping Children Cope with Deployment

What's New - Staying Connected.....

FREE EMAIL ACCOUNTS FOR MILITARY FAMILIES

To obtain an account please follow these steps:



Go to: www.us.army.mil
Security box alert will appear
Read and click: OK
Click: I'm a new user
Choose: Guest Account
Click: Next

Enter sponsor's email address and complete the remainder of the form.

Your Sponsor's address normally follows this format: John.Doe@us.army.mil (soldier's first and last name separated by a period.) Direct questions to the AKO helpdesk at 877-256-8737.

visit your local library for free computer use, including Email and Internet Access.

THE USPS INTRODUCES NETPOST

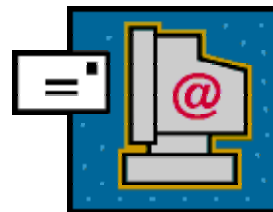
The United States Postal Service now offers a new NETPOST service. The new online service allows patrons to send regular mail by creating it, paying for it and mailing it online.

If you submit your letter to the USPS by 1400 it will be in the mail system the next day. It will be printed at one of the four National Print Sites (New York City, NY., Chicago, IL., Orlando, FL., and Oakland, CA) and entered into the USPS system.

Before the USPS will print and mail your letter you must pay for it by using a credit card. With the postcard option you can buy groups of postcards in advance and the amount will be shown in your account. Each time you send a postcard it will be subtracted from your balance on hand.

Patrons can use NETPOST speed letters and postcards to the addressee.
<http://www.usps.com/netpost/>

When creating your letter, card, or postcard you can import word documents, images, or pictures to your letter, card, or postcards. There is no minimum or maximum quantity that you have to mail.



1) Make sure children know they are loved. Often, young children see themselves as the cause of separation. They may feel their parent is going away because they have been bad, or because their parent does not love them anymore. Make sure children know this is not the case.

2) Be Truthful. Many children can sense when they are being lied to. Often, what they imagine is worse than reality, and they may worry unnecessarily. It helps to talk openly and honestly about separation.

3) Share Concerns. Children often have a hard time talking about their feelings. Let children know it is okay to talk about feelings (even negative feelings) by sharing your own feelings.

4) Discipline Consistently. Do not let separation mean a free reign, but also, do not threaten your child with 'wait until your father/mother gets home!' It is hard to look forward to the return of someone expected to punish you.

5) Let Children Help Around the House. Ask children which chores they would like to do. Let children know they are making a valuable contribution.

6) Maintain Routines. Regular mealtimes and bedtimes can help children feel more secure. Try to keep the same family rules and routines that were used before separation.

7) Help Children Mark the Passing of Time. Many families find it helpful to mark the days off a calendar in a daily ritual. Try to find some visual way to let children count the days until their parent comes home.

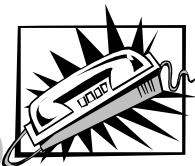
Check It Out:

Great Family Websites:

<http://www.guardfamily.org/>
<http://www.guardfamilyyouth.org/>
<http://www.ausa.org/>

Help is just a phone call away.....

Family Assistance Centers (FACs)



Charlotte:

Patti Carr
1454th Trans Co
(704) 359-5745
ext. 5745

Clyde:

Pat Fox & Lana Greer
161st Med, 210th & 211th MPs
(828) 627-9024
ext. 8031

Greenville:

Rebekah Murray
514th MPs, 691st Maint Co
(252) 752-0855
ext. 8950

Morganton:

Nancy Davis
105th Eng
(828) 437-0746
ext. 8112

Morrisville (919-664-6000):

Cynthia Griffin - ext. 7617
Rena Wethington - ext. 7655
Angelena Dockery - ext. 7616
1-130th Avn Bn, 111th Fin,
123rd Pers, 139th ROC

State Family Program Office:

CPT Sherrell Murray
ncngfamily@nc.ngb.army.mil
1-800-621-4136 ext. 6324
You can also dial the 1/800 number w/ 4-digit ext.